FLAG FOOTBALL POLICIES AND RULES PRESENTATION

2013
FLAG FOOTBALL PRESENTATION

• This presentation is in place of the managers meeting
• It is highly recommended that all participants review this presentation as it contains important information regarding policies and flag football rules.
• In order to register a team, the team captain must take a quiz and pass it with a 100%.
• Must pass quiz by Thursday, Sept. 26th to make playoffs
• Unawareness is not an excuse
2013-2014 UPDATES

• 3.0 avg. sportsmanship rating now required to make playoffs
• Eligibility protests must be filed in writing by the protestor
• Captains must now pass a sport quiz to make playoffs
• Rosters maximums have changed for all sports
• Detailed updates can be found further in this presentation
INTRAMURAL STAFF

• Assistant Director for Intramural Sports
  • Jonathan Johnston
  • jdjohnston@wcu.edu

• Graduate Coordinator for Intramural and Club Sports
  • Kale Jeffords
  • kajeffords@wcu.edu

• Nine supervisors and 14 officials
CONTACT AND TIMES

• Assistant Director
  • 9-12 and 12-5pm Monday-Friday
  • In and out of the office during the day

• Graduate Coordinator
  • Monday and Wednesday: 1-4pm
  • Tuesday and Thursday: 9-noon
  • Friday: 9-noon

• Calls and emails
  • If received after 5pm during the week, you will not get response until next day
  • If received after 5pm on Friday, you will not get a response until Monday
INTRAMURAL SUPERVISORS

- Policies?
- Sport Rules?
- Facility Concerns?
- Employee Concerns?
- Protest?
- Eligibility?
- First Aid?

- Ask an Intramural Supervisor!
STUDENT OFFICIALS

- The success of the Intramural Sports program is contingent upon the quality of its sports officials and participants.
- Intramural contests are officiated by fellow Western Carolina students. They are not professionals and are paid minimum wage for the service they perform.
- They deserve and expect your cooperation, respect and sportsmanlike behavior.
- They are trained to perform these jobs and we expect them to officiate to the best of their ability.
- We invite you to apply for the student officials' job available with our Intramural Sports Program.
TEAM CAPTAINS

• Fully responsible for their team including:
  • Eligibility of players
  • Behavior of players and spectators
  • Knowledge of rules and policies
  • Communication and cooperating with all IM Staff
  • Being a team leader
NEW SPORT QUIZ

• To ensure that intramural team participants have a good understanding of our policies and procedures, we have created the Intramural Sports Test. This test must be taken and passed with a 100% score by the individual listed as the captain for any team sport. The test is based on the intramural handbook and provides important information that will aid each team during their intramural sports season.
IMLEAGUES

- Pre-registration is required for all intramural sports unless otherwise stated.
- Look up schedules, scores, rosters, standings, policies and rules.
- Highly recommended that all players join the team online as game check-in is so much easier.
- To be approved and scheduled for the flag football league, teams must have a minimum of five players joined on imleagues by registration end.
TIME PREFERENCES

• Now including time preferences for game times
• Each division has different time options
• Input your teams time preferences before league registration closes
• System will best fit your preferences within your teams schedule
• Not 100% guaranteed
• Time preferences will not apply in playoffs
SCHEDULES

• Schedule posted Wednesday, August 28th
• Start play on Tuesday, September 3rd
• Check imleagues schedule frequently
• All games are set at beginning of season
• Four game regular season
• Everyone makes playoffs
FACILITY

- Camp Lab Intramural Fields – 1 & 2
- Pets
  - All pets must be attended to at all times.
  - Intramural Sport Staff CANNOT fill the role of pet babysitter.
  - It IS NOT acceptable to bring a pet and tie it to a fence or pole while participating in intramural sports leaving it alone.
POLICIES AND PROCEDURES

• Detailed information concerning policies and procedures can be found in the Participant Handbook

• The Participant Handbook is viewable at:
  • Intramural Sports webpage (reccenter.wcu.edu)
  • www.imleagues.com/wcu, click on the info link on the left side of page, then click handbooks and manuals
ELIGIBILITY

• Must be a current WCU student, faculty/staff or faculty/staff spouse/partner
• Must show your valid Cat-Card every time to play
• Falsifying name or using another students card will result in forfeit
• Playing with ineligible players will result in forfeit
• Teams can’t agree to play with an ineligible players
• Ask up front with all eligibility to avoid a forfeit in season
FACULTY/STAFF

• Faculty/Staff
  • Must show Faculty/Staff CatCard
  • Must sign liability waiver before playing
  • Waiver only needs to be signed once

• Faculty/Staff Spouses/Partners
  • Must have a Spouse/Partner CatCard
  • Pay a $10 Intramural Fee at the Rec Center
  • IM sticker is put on CatCard
RESTRICTED PLAYERS

- Football varsity (WCU or other universities) athletes must be two full semesters (summers don't count) removed from playing to be eligible and includes all divisions, red shirts, practice squads, working out with them, etc.
- Allowed three non-corresponding sport varsity athletes on a team for flag football
- If Athletics recognizes a player as a varsity athlete in this academic year, then they will be identified as such during the entire academic year
ROSTERS

• Rosters
  • Players may only play on one CoRec team and one men’s/women’s team
  • Once a player checks in for a team that’s it
  • Max roster size of 15 players

• Adding
  • Add any players at any time on IMLeagues and game site
  • Ask all players if they have played with another team

• Removing
  • You can remove players if they haven’t checked in a game, once they check in, they are permanent on your team
ROSTER MAX

- 15 for flag football
- Different for each sport, so double check
- Can add if spots available on game sheet
- If no space available, you can scratch out a player who has zero games checked in and add a new player. That player will then be deleted from the team.
- Remind all players to get an imleagues account and join your roster

Campus Recreation & Wellness
Western Carolina University
RESCHEDULES

• Check with Assistant Director or Graduate Coordinator if there are any available times open
• Communicate with other captain and agree on one of the open times
• Needs to be fully completed/approved by 5pm the day before the original game. Friday by 4pm if a Sunday or Monday game
• We have to receive confirmation from both captains before a reschedule game is approved
TOBACCO, ALCOHOL, DRUG USE

- Tobacco (chewing or smoking) is not allowed on the Intramural fields or other activity areas as well as 50 feet from any structure on campus per university policy 45.
- Alcohol/Drugs are not allowed on the intramural fields/facilities
- If a player or spectator is suspected of being under the influence of alcohol or drugs, they will be removed from the contest.
ASSUMPTION OF RISK & INJURIES

• Strive to provide safe and well-supervised activities and facilities, there is an inherent potential for physical injury or death in all sport activities.
• All participants are strongly encouraged to have a yearly medical examination and to carry medical insurance coverage.
• Participation in sporting activities may cause injury and exposure to blood borne pathogens.
• First Aid Care (IM Supervisors)
SPORTSMANSHIP

• Teams and captains are responsible for behavior
• Failure to comply with requests from the Intramural Staff will result in a forfeited contest and further disciplinary actions
• Examples of unsporting behavior
  • Excessive touchdown celebrations
  • Cursing or gesturing lewdly at other teams or IM Staff
  • Insubordination
  • Taunting, or spiking the football
  • Anything else deemed unsporting by IM Staff
SPORTSMANSHIP RATING

• Team Conduct Rating System
  • Zero to four scale
  • GAME OFFICIALS give ratings at end of game
  • Ratings given at the game site are NOT NEGOTIABLE
  • Must have 3.0 cumulative score to qualify for playoffs

• One and Zero Ratings
  • Team will be notified and captain will need to meet with the Assistant Director before next game
  • Depending on severity, one or zero ratings could result in a team being dropped from the league
SPORTSMANSHIP

• Forfeits, defaults, and eligibility affect your rating
• Poor sportsmanship towards each other will not be tolerated
• Verbal abuse of officials will especially not be tolerated!
• Supervisors and officials have every right to stop any game if they deem it necessary
EJECTED PLAYER

• Must leave fields/facility immediately
• Automatically suspended from all Intramural Activities
• CRC is access is denied
• Must set up an appointment with Assistant Director before eligible to play
• Minimum suspension of one game depending on severity and case by case
FORFEITS/DEFAULTS

• Forfeits
  • 10 minute grace period with penalty
  • Clock starts at game time
  • Losing team = 2 and winning team = 4

• Defaults
  • Call by 2 pm the day of the game to default
  • Losing team receives a 3 and winning team a 4

Once a team forfeits or defaults twice or has one forfeit and one default they will be removed from the league.

Do not call other teams telling them you are forfeiting!
LATE PENALTY

- 0-3 Minutes = Option and 6-0
- 3-6 Minutes = Option and 12-0
- 3-9 Minutes = Option and 18-0
- At 10 minutes = game forfeited (19-0)
PROTESTS

• A team captain must file the protest with the IM supervisor/official at the instant the question occurs.
• Protests may only be filed concerning rule interpretations, policies or procedures and player eligibility.
• Protests that challenge the accuracy of a judgment call by officials or supervisors will not be accepted.
ELIGIBILITY PROTEST

• All eligibility protests must be filled in writing with a protest form
• Phone calls, hear say, or emails will not be taken as formal eligibility protests
• In the regular season, eligibility protests can be filed before, during, or after the contest
• In playoffs, eligibility protests must be filed before the game starts, if player arrives mid game, then protest may be filed then
FREE AGENTS

- Don’t have a team?
- Sign up as a free agent in each division and sport on imleagues
- Captains use this resource to pick up players before and during the season
- We will attempt to make a free agent team if there are enough free agents
- Free agency is not a guarantee as captains make the choice to pick up free agents
WEATHER

• IM Rain Line updated by 3pm and throughout the evening
• Call: 828-227-8808
  • Do not call the rec center, AD, or GC asking about weather
• Rained out games will not be rescheduled unless its playoffs
2013 FLAG FOOTBALL RULES
NEW NIRSA RULES FOR 2013-2015

• **Catch** – The catch ruled as a force out is removed.
• **Kick Catch Interference – Penalty** – 10 Yard penalty from the spot of the foul and first down. (No longer choice)
• **Legal Position** – If a def. player covers an off. player positioned within 5 yards of the sideline, it is not a foul
• **Illegal Forward Pass – CoRec Rule** – If a female passer competes a forward pass to a male receiver behind the scrimmage line on either “open” or “closed” play and any A male runner advance beyond the scrimmage line, it is an illegal forward pass.
NEW NIRSA RULES FOR 2013-2015

• **Offensive Pass Interference Penalty** – The loss of down is removed
• **Defensive Pass Interference Penalty** – The automatic first down is removed
• **Player Responsibility** – The Player scoring must raise his/her hands so the nearest official can deflag the player. If the player is not able to be deflagged and the official determines the flag belt has been secured illegally, the score is disallowed, the offending team is penalized and the player is disqualified. Rule now applies to players who score a try or touchdown
NEW NIRSA RULES FOR 2013-2015

• **Touchdown – Foul During** – Enforcement is either the Try or succeeding spot

• **Try – Foul Prior** – Initially the Referee will ask the B captain whether he/she wants the unsportsmanlike foul on either the Try or the succeeding spot. Then the the Referee will ask the A captain whether he/she wants to go for a 1, 2, or 3 point try.

• **Dead ball Fouls – More than 1** – If the same number of dead ball fouls are committed by both teams, and the order of occurrence cannot be determined, they will offset
OFFICIALS UPDATES FOR 2013

• Officials
  • Three on field
  • No down box/scorekeeper
  • The game score, downs and timeouts will be kept by officials
  • Game check-in with officials
PLAYERS

- 7 on 7 (5 are needed to avoid the forfeit)
- 8 on 8 for CoRec (6 needed to avoid the forfeit)
- Substitutions on dead ball only
- All players must bring their Cat Card to play (NO EXCEPTIONS!!)
- All players must be checked in on the score sheet before playing
- Timeout must be taken to check in a late player or players
ATTIRE

- Only athletic style pants, shorts and shirts are allowed and must be worn
- NO POCKETS - can’t be sown, have zippers, stapled taped, or pulled out “elephant ears”
- Shirts - must be tucked in, no cut offs, and no cut sleeves below 6 inches
- Teams are encouraged to wear similar colored shirts or wear the provided intramural jerseys
ATTIRE

• Improper attire
  • Hats or bandanas tied with knots
  • Sweatshirts with hoods
  • Metal cleats, open toed shoes, boots, or boat shoes
  • Jeans, cargo or straight shorts, and belts
JEWELRY

• No hoop/bar jewelry, rings or necklaces
• Stud earrings and bracelets must be taped down or taken off
• If a supervisor deems any jewelry unsafe, you will have a choice to take it off or not play
• Tape will not be provided by IM Staff
EQUIPMENT

• Casts or splints of any nature are not allowed
• Game balls can be provided, but teams may use their own. Must be proper size
• All equipment and attire decisions are at the discretion of the supervisor on duty
FLAG BELT

• Flag belts must be worn at ALL TIMES!
• 3 flags on each belt, two on the sides and one in the rear
• Tampering with the flag belt in any way to gain advantage, including tying, using foreign material, or other such acts is unsportsmanlike conduct. (10 yards, loss of down, and player ejection)
GAME FORMAT

• 2 - 20 min halves (3 min. halftime)
• Starts with coin flip: Options: Defer, Offense/Defense, Side
• Clock stops last two minutes of the second half for dead ball situations.
• 3 time-outs during entire game
• 25-Second Play Clock
SCORING

• TD’s are worth 6pts.
• Try
  • 3 yards - 1pt.
  • 10 yards - 2pts.
  • 20 yards - 3pts.
• If the defense gains possession during the try, the play is automatically dead.
• Offensive penalties in the end zone, or a player deflagged in the end zone results in a safety (2 pts)
MERCY RULE

• If a team is 19 points (CoRec 25) or more ahead at 2 minute warning of 2\textsuperscript{nd} half, the game will be called.

• If a team is 40 points (CoRec 46) or more ahead at any point during the second half, the game will be called.
Teams will start from their own 14 yard line to start a new series.

4 downs to get past the line to gain.

Player/Spectator area between the 20’s
SCRIMMAGE LINE

• No player may be in the neutral zone before the snap
• The offense must have 4 (Coed – 5) players on the line of scrimmage at the snap
• Officials will say “Line is good” if required players are on the line
  • This is a courtesy and does not mean offensive team has to wait for “line is good” to snap the ball
• The snap receiver must be at least two yards behind the line of scrimmage (NO UNDER THE CENTER)
SCRIMMAGE LINE

• Only one offensive player may be in motion at the snap and it may not be forward, must be parallel to line of scrimmage.
• After shift or huddle, all must be set for 1 full second.
• The snap must be one continuous motion.
• All players for the next down must be momentarily within 5 yards inbounds before the snap. If def. covers off. within 5 yards it is not a foul.
• Ball must be snapped from the ground, not from the cone.
A defender cannot grasp, trip, push, or otherwise contact a ball-carrier.

The runner is down when an opponent removes his/her flag belt, the spot of the ball is where the flag belt breaks, not where it falls off.

If his/her belt is all ready off, the runner is down when an opponent delivers a one hand tag between the runner’s shoulders and knees.

A runner is also down when any part of his/her body, other than hand or foot, touches the ground.
SCREEN BLOCKING

• Offensive players may set “screens” to slow the rush to the passer or during a running play.
• Nobody can use their hands, or any part of their body, to gain a physical advantage over another player.
• Contact to be judged similar to a block/charge situation in basketball. Must establish the spot!
• If contact occurs, the player who initiated the contact shall be guilty of illegal contact provided his/her opponent took a position which was initially legal and legally moved to maintain it.
RUNNING THE BALL

• The runner may NOT ward off defensive players with his/her hand or arm (flag guarding). NO STIFF ARMS!
• The runner may not place the ball over the flag belt (flag guarding).
• If at any time the official feels the ball carrier impeded the defense from pulling the flag, it is most likely a flag guard!
RUNNING THE BALL

• The defensive team may not use his/her hands to push, pull or hold the runner.
• A defensive player may take a position in the runner’s path provided the defense does not initiate contact. A defensive player must establish the spot, or it is considered impeding.
• The spot is where the ball is, not the location of the flags or runner.
PASSING THE BALL

• Only one forward pass may be attempted per down, and it must be thrown from behind the line of scrimmage.
• If a passer (or the ball while in throwing motion) is contacted by the defense it is roughing the passer.
• All players on the field are eligible receivers.
• Any player may backwards pass the ball as many times as they wish, anywhere they wish.
RECEIVING THE BALL

• No player may push with any part of their body to gain an advantage to catch the ball.
• A player may not “face guard” an opponent, they must make an attempt to catch/play the ball.
• It is pass interference to deflag someone before they have possession of the ball.
RECEIVING THE BALL

• A player needs only to possess the ball with one foot in bounds, without having gone out of bounds first, to legally catch the ball.

• Pass interference by:
  • the offense, results in a 10 yard penalty
  • the defense, results in a 10 yard penalty
INADVERTENT WHISTLE

- Play is dead at the time the whistle is blown.
- If inadvertent whistle is blown during a pass or kick (loose ball, not in player possession) the play is automatically replayed from the previous spot.
- If an inadvertent whistle blown while the ball is in player possession, the team in possession has option of taking result of play at the spot of where it was blown dead OR replay the down from the previous spot.
FUMBLES

• If a fumble or backward pass strikes the ground, it is **dead** and belongs to the fumbling/passing team at the spot it struck the ground.

• The offensive team may not bat a backward pass forward.
PUNTING

- On 4th down, elect to go for it or punt. Once you tell the ref decision is final unless timeout is called.
- Punter must be 2 yards behind the line of scrimmage at the time of snap.
- All other offensive and defensive line players may not cross the line of scrimmage until the ball is kicked.
- The offensive team is not allowed to move until the ball is kicked!
- A muffed punt is down at the spot.
- Team may pick up a ball after being kicked and rolling on the ground.
- No fake punts.
TOUCHBACK

• It’s a touchback when the punt breaks the plane of the receiving team’s goal line.

• The team which was awarded a touchback will get the ball at their 14-yard line.
OVERTIME

- No OT in regular season
- Coin toss: choice of offense, defense or direction of OT
- Both teams go same direction
- Each team gets one series of four downs
- Interception, the ball is dead, series over
- One timeout during entire OT
CO-REC MODIFICATIONS

- 8 on 8 (6 needed to avoid forfeit)
- 5 needed on the line
- Regular or youth ball can be used
- 9 points for a touchdown involving a female who either catches or throws for a touchdown
- An offensive male runner may not run the ball past the offensive team’s scrimmage line. This restriction ends:
  - after the ball has gone beyond the offense’s scrimmage line
  - during a female player’s run
  - after a change of possession
OPEN/CLOSED PLAYS

• New series start as open
• If a play is “open,” any player may complete a legal forward pass to any other player.
• If a play is “closed,” a female player must either throw or catch a legal forward pass for positive yards.
• Fouls have no effect on open or closed plays
OPEN/CLOSED PLAYS

• A legal forward pass caught jointly by male and female is considered female reception
• Penalties do not change whether a play is open or closed
• If a female passer completes a pass to a male player behind the line on either “open” or closed and he runs through the offense’s scrimmage line, it is an illegal forward pass.
PLAYOFFS

• All teams make playoffs if they fit the following criteria
  • Teams must have an avg. 3.0 conduct rating. (NO EXCEPTIONS)
  • Must maintain 3.0 through playoffs or dropped from competition
  • Rosters lock at 2 pm the first day of playoffs
  • Brackets will be posted soon after regular season ends
PLAYOFF SEEDING

- 1st – Winning %
- 2nd – Head to Head
- 3rd – Point differential
- 4th – Sportsmanship Rating
PLAYOFF ELIGIBILITY

• Players must have participated in at least one regular season game
• Must be registered and listed on imleague’s roster
• If not listed on game site playoff roster, will not be allowed to play that night
UPCOMING IM EVENTS

• Cornhole/Ladder Golf
  • Registration ends at 8 am tomorrow
  • Thursday, August 29th at 6pm, UC Lawn

• Sand Volleyball Doubles Tournament
  • Registration ends Thursday, August 22nd at 8 am
  • Tournament is Saturday, August 24th at 10 am, The Village

• Disc Golf Singles Tournament
  • Registration ends Thursday, September 12th at 8am
  • Event is Monday, September 16th at 6pm at Catamount Links Disc Golf Course (on campus)
EXTRAMURAL TOURNAMENTS

• Looking for extra games and competition?
• How about representing WCU and the Intramural Sports Program?
• Compete against other universities at a state or NIRSA Regional Flag Football Tournament
• Great experience and high level competition
• Team entries cost $200-300
• NIRSA Tournament info
• Teams must get approval before attending tournaments
EXTRAMURAL TOURNAMENTS

• Championship teams of the Men’s Comp., CoRec, and Women’s Divisions will receive a paid team entry into one of the below NIRSA Regional Tournaments

• Tournament Sites and Dates
  • UNC Wilmington, November 8-10
  • Western Kentucky University, November 22-24
FINAL REMINDERS

• Tell teammates to register on imleagues and join your team!
• NO POCKETS, NO JEWELRY!
• Double check player eligibility
• Review over detailed rules and policies
• Registration ends Sunday, August 25th at 11:59pm
• Minimum players required to make league
• Any questions please come ask!
GOOD LUCK!